

# HELPFUL HINTS THAT PREVENT ILLNESS

**The following steps are beneficial to follow ALL OF THE TIME, not just during cold and flu season. In the winter months, when we are all trapped inside for long hours, they become even more important.**



**Cover your mouth with coughs and sneezes.** When you cannot get a tissue cough into your elbow/shoulder to prevent the spread of germs.



**Practice good hand hygiene.**

We've all heard over and over again to "wash your hands in warm water, sing "happy birthday" twice to make sure you're washing them long enough" yet day after day this and provide the time and supplies (easy access to running water and soap or alcohol-based hand cleaners) for them to wash their hands as often as necessary.

- **Do not wait until it happens, have a back-up plan ready before illness hits.**

Excerpts sampled from: [www.cdc.gov](http://www.cdc.gov)



**Parents: be good role models** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing. This may take some reminding for you and from you but it will help develop potentially life-saving habits.



**Keep sick children home** until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine). This may be inconvenient but it greatly reduces the spread of viruses.



**Clean surfaces and items** that are more likely to have frequent hand contact such as counters, door knobs, sinks and tables. Also, replace your toothbrush after you've been sick! Some of these "bugs" are nasty critters that like to hang around moist environments.



**Parents should also stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).



**Plan ahead for child care** if your child gets sick or his or her school is dismissed. **Do not wait until it happens, have a back-up plan ready before illness hits.**